

Lesson 6

Fruit of the Spirit: Part 3

We continue our study of the fruit of the Spirit with the last three fruit mentioned in **Galatians 5:22-23**: faith, meekness and temperance. As mentioned in the previous lessons, the fruit of the Spirit are not something we work towards achieving in our Christian walks. They are simply the characteristics or traits of Jesus Christ that have become our characteristics as new creatures in Christ Jesus, born again, not of flesh and blood, but of the Spirit. The fruit of the Spirit are who Jesus is, and now who we are in Christ Jesus; for it is the same Spirit that dwells in us. **Ephesians 4:6** *“One God and Father of all, who is above all, and through all, and in you all.”*

It is also important to understand that the fruit of the Spirit (characteristics of Jesus) served a critical purpose for Jesus’ ministry on the earth. The fruit of the Spirit demonstrate and confirm the Word, that He spoke, by the manner which He lived and treated all mankind, so that we could believe on His Word with complete confidence. For it was not just the spoken Word, it was the living Word. The same is now true for us, as temples of His Holy Spirit. **1 Corinthians 3:16** *“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”* **Matthew 5:16** *“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”*

Faith

The faith that is “of the Spirit” is the same faith that abided in Jesus. Faith in what? We have faith that the Word of God is true; complete; has no lie; and we can live our lives according to the Word. Through the Word, we receive power to become the sons of God; for the Word is the Spirit that we are to be led by. **Romans 8:14** *“For as many as are led by the Spirit of God, they are the sons of God.”* Our faith and the Word are eternally linked together. This faith is not limited by the human condition or ability to believe. Rather, it is faith from above. It is rooted in the Word of God and the power of God which is sovereign and controls all heaven and earth. Faith is given unto us to believe all things and overcome all things through Christ Jesus. Faith is the ability to see the past, present, and future through the eyes of God and to not be moved by anything that challenges the Word of God. No man can do this of his own faith. The forces of evil tell us that we need more than the Word of God. This is a lie. **Colossians 2:8-10** *“Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. For in him dwelleth all the fulness of the Godhead bodily. And ye are complete in him, which is the head of all principality and power:”*

This Godly trait of His Spirit has been deposited in us. It is done, so that we can believe and trust in His Word and walk in His power. This is the victory of Christ Jesus for us and it is our witness to all who have yet to believe. **Romans 1:16-17** *“For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek. For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith.”*

Romans 10:17 *“So then faith cometh by hearing, and hearing by the word of God.”*

1 Corinthians 2:4-5 *“And my speech and my preaching was not with enticing words of man's wisdom, but in demonstration of the Spirit and of power: That your faith should not stand in the wisdom of men, but in the power of God.”*

2 Corinthians 5:7 *“(For we walk by faith, not by sight:)”*

Galatians 2:20 *“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”*

Ephesians 2:8 *“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:”*

Hebrews 4:2 *“For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it.”*

1 Peter 1:7-9 *“That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ: Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory: Receiving the end of your faith, even the salvation of your souls.”*

Meekness

In the world, we tend to equate meekness with weakness: being shy, afraid or timid. The meekness of the Spirit is not so. Jesus was never shy, afraid or timid. The meekness of the Spirit refers to a demeanor of someone with purpose and who is able to be led for that purpose. Jesus is the King of Kings and Lord of Lords. He walked the earth, not being led by the will of a fleshly man, but by the will and purpose of His Heavenly Father. His meekness allowed Him to be rejected, humiliated, chased from city to city; he was despised; and even crucified. But in all this, He was never weak or without power. His Power was to humble himself and allow these things to happen to fulfill the will of His Father and to bring to the world the greatest victory that it will ever know.

Greek war horses were “meeked” which meant they were trained to stay in the battle rather than flee at the sound of loud cannons. The Greek origin of the word meek is “praus” and it means “strength controlled”. The war horse had “power under authority” and “strength under control”. A war horse never ceased to be determined, strong, and passionate. It learned to bring its nature under discipline. It gave up being wild, unruly, out of control and rebellious. The horse would then respond to the slightest touch of the rider; stand in the face of cannon fire; thunder into battle; yet stop at a whisper. The Lord has given us His meekness so that we can walk into the battle, listen to His voice and not react to our circumstances. We look to Jesus, our master. for our direction and are happy to go the way He wishes. **1 Corinthians 9:25-27** *“And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”*

We are not weak. We are controlled; obedient for Jesus' sake and for the calling of the Master upon our lives. He came, not to do His own will, but the will of the Father. That same Spirit and purpose is now in us: to do His will according to His Word. **Luke 1:38** *“And Mary said, Behold the handmaid of the Lord; be it unto me according to thy word. And the angel departed from her”.*

John 8:28 *“Then said Jesus unto them, When ye have lifted up the Son of man, then shall ye know that I am he, and that I do nothing of myself; but as my Father hath taught me, I speak these things.”*

Galatians 6:1 *“Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.”*

Ephesians 4:1-2 *“I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forbearing one another in love;”*

2 Timothy 2:24-26 *“And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth; And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.”*

Colossians 3:12-13 *“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”*

Philippians 2:3-9 *“Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name:”*

Temperance

Temperance of the Spirit is to live in a world full of temptation to go against the Word of God, but not to succumb to that temptation. It is the ability to be in the world but not of the world. Jesus lived in the world and was subject to temptations just as we are, even the tempting of Satan himself. Yet He was not led by the temptations, but rather He was led by the Spirit for the salvation of all mankind. Temperance is the power of God in us to see beyond worldly things and to see and pursue heavenly things that lead us unto abundant life in Christ Jesus. Temperance empowers us to live by and according to the Word of God. This temperance is not for our lives or our benefit alone. By our temperance, we provide a powerful witness to the world that the Word of God is true and able to change the lives of all mankind.

Matthew 4:1-4 *“Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”*

John 17:14-16 *“I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil. They are not of the world, even as I am not of the world.”*

1 Corinthians 10:13 *“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”*

Romans 12:2 *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

Hebrews 4:15-16 *“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”*

We conclude this lesson on the fruit of the Spirit with the same admonition to you as in Lesson 5. As we have studied the fruit of the Spirit, we pray you have revelation and quickening by the Spirit as to the manner of person you are in Christ Jesus. The fruit of the Spirit now dwell in us. These characteristics of Jesus Christ should be recognizable in your own life. They are a witness to you and to others that you are indeed a new creature in Christ Jesus and your life is miraculously transformed. You are now one with an experience and you can be an effective minister of the life changing power of the gospel of Jesus Christ. **Colossians 1:25-27** *“Whereof I am made a minister, according to the dispensation of God which is given to me for you, to fulfil the word of God; Even the mystery which hath been hid from ages and from generations, but now is made manifest to his saints: To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory:”*

DISCIPLESHIP QUESTIONS

SCRIPTURES	QUESTIONS
<p>Galatians 5:16-25 <i>(16) "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. (17) For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. (18) But if ye be led of the Spirit, ye are not under the law. (19) Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, (20) Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, (21) Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God. (22) But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, (23) Meekness, temperance: against such there is no law. (24) And they that are Christ's have crucified the flesh with the affections and lusts. (25) If we live in the Spirit, let us also walk in the Spirit."</i></p>	<ol style="list-style-type: none"> 1. What is the relationship between the Spirit and the flesh? 2. How do we conquer the lust of the flesh? 3. What are the characteristics of man? 4. What is the result of walking in the characteristics of man? 5. What are the characteristics of the Spirit? 6. Note the capital "S". What does this indicate? 7. What does walking in the fruit of the Spirit indicate about ourselves? (hint: Rom 8:14)

<p>Ephesians 5:8-17</p> <p><i>(8) “For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: (9) (For the fruit of the Spirit is in all goodness and righteousness and truth;) (10) Proving what is acceptable unto the Lord. (11) And have no fellowship with the unfruitful works of darkness, but rather reprove them. (12) For it is a shame even to speak of those things which are done of them in secret. (13) But all things that are reprov’d are made manifest by the light: for whatsoever doth make manifest is light. (14) Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light. (15) See then that ye walk circumspectly, not as fools, but as wise, (16) Redeeming the time, because the days are evil. (17) Wherefore be ye not unwise, but understanding what the will of the Lord is.”</i></p>	<p>8. What contrast between our fleshly nature and Spirit nature is shown in verses 8 and 9?</p> <p>9. What does the fruit of the Spirit do in us?</p> <p>10. What are we to do with our fleshly characteristics?</p> <p>11. How do we reprove the works of our flesh? (hint:Gal 5:16)</p> <p>12. What is the contrast between our fleshly condition and “Born Again” condition?</p> <p>13. What are we to do with the fruit of the Spirit that is now in us?</p>
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ANSWER KEY

Read **Galatians 5:16-25**

1. The Spirit and the flesh are against one another and contrary. You cannot walk in both.
2. Walk in the Spirit. Simply do the things of the Spirit which is now in you and makes you able.
3. Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings
4. Man shall not inherit the kingdom of God
5. Love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance
6. Capital “S” indicates a “person” of the Godhead
7. Walking in the fruit of the Spirit shows that we are the sons of God.

Read **Ephesians 5:8-17**

8. The contrast is darkness versus light
9. Proves what is acceptable unto the Lord
10. Have no fellowship with them, reprove them, not to speak of them
11. Walk in the Spirit (the Word of God)
12. In our fleshly nature, we were asleep and dead. In our Spiritual nature, we are alive from the dead and full of light
13. Walk circumspectly, not as fools but wise. Redeem the time. Understanding what the will of the Lord is

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